

First published in Australia in 2008 by **yc**
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The National Library of Australia Cataloguing-in-Publication entry

Why me? : Kicking Cancer and Other Life Changing Stuff ,
ISBN 1920997083

Chamberlain, Yvonne.
Cancer -Patients - Australia - Biography.
Cancer- Psychological aspects.

362.1969940092

Produced for **yc** by Pennon Publishing
www.pennon.com.au
Designed by Allan Cornwell
Printed in Australia by Trojan Press

“The world is full of suffering; it is also full of overcoming it. Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved.”

Helen Keller

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'Mistakes are part of the dues one pays for a full life.' Sophia Loren

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